

Vegetable Stock

See the note at the bottom to make vegetable broth also. This stock can be used in place of chicken or fish stock. Be creative and add other vegetables to the recipe, including onions, carrots, potatoes, corn-cobs, fennel, fresh herbs, ginger, garlic, organic vegetable skins, and even a few tablespoons of lentils. Recipe from [Joy of Cooking](#), by I.S. Rombauer, M. Rombauer Becker, and E. Becker. 3 to 4 Cups.

1 medium	onion, sliced
1	leek, white part only, cleaned and sliced
1	carrot, peeled and sliced
1 small	turnip, peeled and sliced
6 cloves	garlic, peeled and smashed
6 cups	cold water
1	bouquet garni
	salt and fresh ground black pepper, to taste

1. Combine onions, leek, carrot, turnip, garlic, water, and bouquet garni in stockpot.
2. Simmer gently, partially covered, until the vegetables are completely softened, 45 to 60 minutes.
3. Strain into a clean pot or heatproof plastic container, pressing down on the vegetables to extract the juices. Season with salt and pepper to taste.
4. Let cool, uncovered, then refrigerate until ready to use.

To Make Broth:

Prepare vegetable stock, first cooking vegetables over medium heat in 2 tbsp. unsalted butter or oil, stirring occasionally, until they are wilted, about 15 minutes. Add water and seasonings and continue as directed above.

Vegetables to avoid in stock:

cabbage family (except when used deliberately and with discretion)
eggplant
most strong greens (except kale)
too many carrots or parsnips (make stock too sweet)

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Shopping List

Vegetable Stock

<u>Ingredients</u>	<u>Wieght or Volume</u>	<u>PLU #</u>
onion	1 medium	_____
leek	1	_____
carrot	1	_____
turnip	1 small	_____
garlic	6 cloves	_____
bouquet garni	1	_____
salt and black pepper		_____

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